

SOAR for Youth
Foster Youth Pre-Collegiate Academy at Cal
2022 Prepare To SOAR Academy (for First Year Students) Schedule

	Sunday July 10	Monday July 11	Tuesday July 12	Wednesday July 13	Thursday July 14	Friday July 15	Saturday July 16
08:00 - 08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:45 - 09:00		Walk to Class	Walk to Class	Walk to Class	Walk to Class	Walk to Class	Pack
09:00 - 10:30		Michael Essinen Math Workshop	Michael Essinen Math Workshop	Michael Essinen Math Workshop	Michael Essinen Math Workshop	Kathryn Pritchett Writing Workshop and 7 Habits (9:00 - 10:00)	Pack and Social
10:45 - 11:45		Kathryn Pritchett Writing Workshop and 7 Habits	Kathryn Pritchett Writing Workshop and 7 Habits	Kathryn Pritchett Writing Workshop and 7 Habits	Kathryn Pritchett Writing Workshop and 7 Habits	Christian Jared Aleman UCB Campus Tour 10:30 - 11:30	Completion Celebration (11:00-Noon)
11:45 - 12:30		Lunch	Lunch	Lunch	Lunch	Lunch	Check Out
12:30 - 01:15		Travel to Cal Adventures	Travel to Cal Adventures	Travel to Cesar Chavez Park	Travel to Cal Adventures	Travel to Cal Adventures	
01:15 - 04:15	Check In, Move to Dorm & Social (3:30 - 5:00)	Cal Adventures Hiking or Paddle Boarding	Cal Adventures Sea Kayaking	Cal Adventures Ropes Course or	Chabot Space and Science Center	Cal Adventures Sailing (1/2 Team at a time)	
04:15 - 04:30	Check In, Move to Dorm & Social (3:30 - 5:00)	Return from Cal Adventures	Return from Cal Adventures	Return from Cal Adventures	Return from Cal Adventures	Return from Cal Adventures	
05:00 - 05:40	Academy Orientation	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	
05:40 - 06:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
06:30 - 06:40	Reenergize	Reenergize	Reenergize	Reenergize	Reenergize	Reenergize	
06:40 - 07:30	Kim Cohn "Arriving Voice & Body"	Monique Jimenez College Orientation And CA Foster Youth Educational Guide	Former Foster Youth Visit	Denise Fuller Thrive Factor	Victor Littles Leadership Presence II	Sauntoy Trotter How traumatic events trick the brain and what we can do about it	
07:40 - 08:30	Victor Littles Leadership Presence I	Kat Wentworth Study Smart Study less	Academy Youth Sharing	Denise Fuller Thrive Factor "Collage"	Academy Youth Sharing	Academy Youth Talent Show	
8:40 - 10:00	Debrief, Safety Drill & Social	Debrief & Social	Debrief & Social	Debrief & Social	Debrief & Social	Academy Evaluation Debrief & Pack	
10:00 - 10:30	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	
10:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	